

## **Personal Skills 1**

**Course Code: 2857**

### **INTRODUCTION**

Family and Consumer Sciences at the middle level is designed to help young teens manage their lives to become productive, independent individuals. Students acquire skills for personal and workplace success and utilize technology to enhance learning. Safety, security, and sanitation are stressed at all levels. Service learning is an integral component at the middle level. The standards of the Family and Consumer Sciences student organization, Family, Careers and Community Leaders of America (FCCLA), will be integrated throughout the curriculum.

The middle school standards are aligned with the Family and Consumer Sciences National Standards, English/Language Arts, Math, Science, Social Studies, Health, Physical Education, and Visual Arts South Carolina Standards. The programming for middle school focuses on rigor with relevance, best practices, contextual learning, career exploration, and entrepreneurial opportunities.

The overall mission of Family and Consumer Sciences in the middle school is to provide “a solid foundation” for students so that will have the skills and knowledge to make informed decisions that will shape their futures. Because there is clear alignment with high school standards, students will enter high school with the basic knowledge necessary to make decisions earlier and therefore providing more opportunities to be better prepared to be competitive in a global society upon exiting high school.

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Personal Skills 1 provides an opportunity for students to explore self image, consumer issues, environmental concerns, positive approaches to child development, clothing care, nutritional choices, food preparation, careers and skills for successful employment.

**Objectives:**

Students will:

1. identify strategies to boost self esteem.
2. explore consumer problems and issues.
3. conserve energy and use resources wisely.
4. describe appropriate care for children of various ages.
5. explain routine clothing care and storage techniques.
6. plan and prepare healthy food.
7. discuss sources for finding a job.

**Credits:**

Exploratory course no credits available

**National Certifications:**

Babysitting Certification  
American Red Cross  
<http://www.redcross.org>

The Real Game Certification  
<http://www.realgame.com>

**Recommended Grade:**

7<sup>th</sup>

**Prerequisite:**

Introduction to Personal Skills

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### **Textbooks:**

#### **Glencoe/McGraw-Hill**

##### **Discovering Life Skills, 1st Edition**

Student Edition

Author: Glencoe

0078298474 06-08 2004 \$38.49

*Discovering Life Skills* is a comprehensive text designed to help young students learn about themselves, others, and their environment. Each chapter is short and easy to read and contains clear objectives, new ideals, new terms, application activities, review questions, Internet activities, responsible choices exploration, and career choice and options. The units include, focusing on you, charting your future, exploring fashion and clothing, and investigating foods and nutrition.

#### **Glencoe/McGraw-Hill**

##### **Today's Teen, 7th Edition**

Student Edition

Author: Kelly–Plate, Eubanks

0078463696 06-08 2004 \$40.98

*Today's Teens* is a comprehensive text that includes unit motivators, creative thinking skills, technology integration, and short reviews and evaluations. Lessons are aligned with Family and Consumer Sciences National Standards.

#### **Goodheart-Willcox Company**

##### **Building Life Skills**

Student Edition

Author: Liddell and Gentzler

1566378850 06-09 2003 \$39.99

*Building Life Skills* is designed for the sixth through the ninth grades. This text provides tools needed to build strong relationships, self-concepts, and skills for managing their lives. Objectives and lessons are aligned with the Family and Consumer Sciences National Standards, the chapters are short and easy to read, case studies bring various situations to life, and there are on-line teen connections and apply-it activities. The units include managing your life, understanding children, your health and nutrition, working in the kitchen, the clothes you wear, the place called home, and reaching new heights.

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**Goodheart-Willcox Company**

**Life Skills for You**

Student Edition

Author: Strohecker and Tippet

159070312X 06-09 2006 \$36.99

*Life Skills for You* is an up-to-date text appropriate for middle school students. Topics included are foods, clothing, decision-making, and personal development. Case studies illustrate how skills are applied to real life.

**Goodheart-Willcox Company**

**Take Charge of Your Life!**

Kristenson

Student Edition

Author: Ross and Owens–

156637927X 06-09 2004 \$40.98

*Take Charge of Your Life* is a comprehensive text that is easy to read and practical. The chapters include real life scenarios and opportunities to apply skills learned. At the beginning of each chapter there are three points listed to help students understand how the material in the chapter will be relevant in their life.

<http://www.mysctextbooks.com/>

**Curriculum Guides Available:**

Contact - Beth E. Zitko-Peters  
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### **Standards Revision Committee**

Dorothy Blanton  
Gettys Middles School

David Prigge  
Richland School District One

Atiba Bonner  
Lakeview Middle School

Iris Taylor  
Schofield Middle School

Judy Chestnut  
Whittemore Park Middle School

Beth Zitko-Peters  
Winthrop University

Zandra Overstreet  
Walhalla Middle School

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### **A. INTERPERSONAL RELATIONSHIPS (Teen Success Strategies)**

1. Describe ways to build a winning attitude.
2. Identify techniques for developing a positive self image.

### **B. CONSUMER SERVICES (Management Magic)**

1. Explore teen jobs to generate income.
2. Analyze contemporary consumer problems and issues.

### **C. HOUSING AND INTERIORS AND FURNISHING (Creating Environments)**

1. Explain ways to conserve resources and use energy wisely.
2. Describe ways to reduce waste by precycling and recycling.

### **D. EARLY CHILDHOOD (Challenging Children)**

1. Identify typical characteristics, needs and activities of young children (infant, toddler and preschooler).
2. Determine positive approaches in discipline to assist young children in accepting responsibility for personal behavior.

### **E. TEXTILES AND APPAREL (Winning Images)**

1. Explain how to recycle clothing.
2. Identify techniques for washing, drying, and ironing clothing made from various types of fabrics.
3. Demonstrate ways to repair clothing.

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### **F. NUTRITION AND WELLNESS (Kitchen Connection)**

1. Demonstrate safety and sanitation procedures while working in the kitchen.
2. Describe methods used to plan a healthy diet based on resources, budget, time and skills.
3. Prepare foods by following directions.

### **G. CAREERS (Career Exploration)**

1. Identify skills necessary for locating and maintaining employment.